



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Geserick, Ralf

000: 2:55:23

00: Berlin

00: 183

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 114 (of 236)

00000/0: 103 (of 198)

000000: 2:14:41

00000: 25(of 45)

0000000: 2:14:41

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	42:26	28:17	35	17:44	156	17:44	1.50	42:26	28:17	35	17:44	156	17:44
Wechsel S -> R	0.26	3:00	11:32	21	1:40	81	1:40	1.76	45:26	25:48	31	18:31	149	18:31
Schwimmen 000	1.76	45:26	25:48	31	18:31	149	18:31	1.76	45:26	25:48	31	18:31	149	18:31
Rad netto	40.00	1:16:57	1:55	26	14:33	111	14:33	41.76	2:02:23	2:55	29	32:00	127	32:00
Wechsel R -> L	0.13	1:55	14:44	25	1:04	115	1:09	41.89	2:04:18	2:58	27	32:36	125	32:36
Rad 000	40.13	1:18:52	1:57	26	15:37	111	15:37	41.89	2:04:18	2:58	27	32:36	125	32:36
Lauf	10.00	51:05	5:06	20	9:34	71	12:54	51.89	2:55:23	3:22	25	40:42	103	40:42